

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

October 2010

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### SENIOR CENTER HOURS

**Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

**Thursday - Friday**

8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

STEVE ACHABAL

Senior Recreation Coordinator

MEGAN GARVERICK

Recreation Coordinator

CYNTHIA SPINELLA

Office Assistant III

SARAH FOSTER

NANCY HUGYIK

JUSTINA LINAN

Recreation Specialist

ELIZABETH MUSSO

Lunch Program

650-964-6586

EVENING BUILDING

ATTENDANTS

Morgan Byler

Jose DeAnda

Rich Stephens

Kari Thorson

Adam Turrey

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### PREVENTING FALLS AND INJURIES

Do you consider yourself an expert in steering clear of potential falls? Join Jessica Terrill and re-familiarize yourself with the fall prevention tips that will help you avoid accidents around the home. Sign up today.

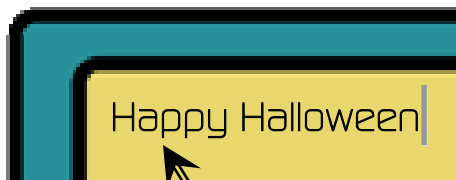
**Date: Thursday, October 14**

**Time: 1:00 p.m.**

**Location: TBA**



### INTRODUCTION TO MICROSOFT WORD



Microsoft—a term everyone has heard. What is all the hype? Which of its programs should you be familiar with? Monica Lipscomb will help all beginners learn the basics of Microsoft Word and give a refresher to those who are a bit rusty. Prerequisite—basic computer skills. Sign up early as space is limited.

**Date: Thursday, October 21**

**Time: 1:00 p.m.**

**Location: Technology Room**

### HEARING HEALTH WORKSHOP

Think there is nothing you can do for your hearing? You can! Join presenter Dr. David Tang as he sheds some light on the physiology and pathology of hearing. He will share with you how to maximize your hearing level and delay hearing degeneration. Come practice valuable ear exercises! Sign up today!

**Date: Thursday, October 28**

**Time: 2:00 p.m.**

**Location: Technology Room**



**Join us on Wednesday, October 20, for  
"Remember our Homecoming" Dance!  
Details on page 4.**

WORKSHOPS

# MOVIE MATINEE

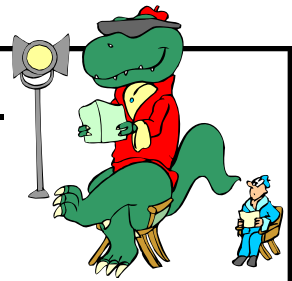
Come to one of our double showings!

**WHEN: Tuesdays and Fridays**

**TIME: 1:00 p.m**

**WHERE: Multipurpose Room B**

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m.



## **SURROGATES: Tuesday, Sept. 28 and Friday, October 1**

**RATED:** PG-13

**LENGTH:** 89 Minutes

**DESCRIPTION:** Director Jonathan Mostow's sci-fi thriller is set in a futuristic world in which humans hibernate at home while living their lives vicariously through robot surrogates. When a series of mysterious surrogate murders occurs, FBI agent Greer (Bruce Willis) ventures out into the world for the first time in years to investigate.



## **CAPITALISM: A LOVE STORY: Tues, Oct. 5 and Fri, Oct. 8**

**RATED:** R

**LENGTH:** 127 Minutes

**DESCRIPTION:** Filmmaker Michael Moore (Sicko, Fahrenheit 9/11) takes on capitalism's roots, the floundering U.S. economy, and 2008's global financial meltdown and subsequent bank bailout in this rousing documentary. Combining stories about those who suffer most from Corporate America's greed and insatiable thirst for profits and the people most responsible for myriad crises, Moore embarks on a shocking fact-finding rampage.



## **NINE: Tuesday, October 12 and Friday, October 15**

**RATED:** PG-13

**LENGTH:** 119 Minutes

**DESCRIPTION:** Movie director Guido Contini (Daniel Day-Lewis) is in the throes of a midlife crisis, struggling to write his film while juggling relationships with wife Luisa (Marion Cotillard), mistress Carla (Oscar nominee Penélope Cruz), muse Claudia (Nicole Kidman), costumer Lilli (Judi Dench) and his mother (Sophia Loren). Rob Marshall (Chicago) helms this Golden Globe-nominated musical based on the Broadway smash.



## **HACHI: A DOG'S TALE: Tues, Oct. 19 and Fri, Oct. 22**

**RATED:** G

**LENGTH:** 93 Minutes

**DESCRIPTION:** When his master, Parker (Richard Gere), dies, a loyal pooch named Hachiko keeps a regular vigil for more than a decade at the train station where he once greeted the man every day in this touching drama based on a true story. Hachiko's faithful routine teaches the station's patrons about true love and commitment. Joan Allen stars as Parker's wife; Sarah Roemer, Jason Alexander and Cary-Hiroyuki Tagawa co-star.



## **INVICTUS: Tuesday, October 26 and Friday, October 29**

**RATED:** PG-13

**LENGTH:** 133 Minutes

**DESCRIPTION:** In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. Based on John Carlin's book, the film stars Morgan Freeman as Mandela and Matt Damon (both Oscar nominated) as Francois Pienaar, the captain of the scrappy South African team that makes a run for the championship.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

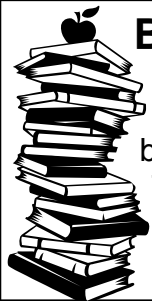
An orientation & tour of the Senior Center is scheduled for **Monday, October 18, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

**BIG BINGO** - Feeling lucky? Join us for Big Bingo on **Monday, October 4, at 1:00 p.m.** in the Social Hall.



## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, several volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m., Thursdays with Monica from 11:00 to 12:30 and Fridays with Randy from 10:30 a.m. to 12:30 p.m. Come to the lab and ask questions, it's that easy!!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, which can be paid at the front desk. Maximum amount to be purchased at one time is five!

## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

## DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

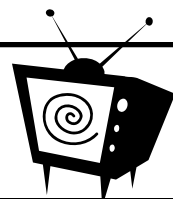
- Old eyeglasses
- Magazines
- Paperback books
- DVDs
- (no romance novels)



## FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

**SENIOR CENTER TELEVISION POLICY** -To maintain a tranquil and pleasant environment, the front lobby television is used only for major news and sporting events. Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you!

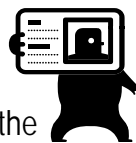


## COMPUTER PRINTER POLICY

All printouts from the Technology Room are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time. You must pay for all pages you print.



## EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation.

**WHEN NOT TO COME TO THE EXERCISE ROOM?** Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times:  
TUESDAYS: 7:00 p.m. – 7:30 p.m.  
WEDNESDAYS: 2:30 p.m. – 3:00 p.m.

## REBUILDING TOGETHER: FREE HOME REPAIR

This non-profit volunteer program provides free home repair services to low-income homeowners who are seniors and are physically or financially unable to repair their homes. Applications are available at the front desk and are due by October 15, 2010.



## BOOK CLUB

Join the Senior Center Book Club! Meetings are held the second Tuesday of each month (**10/12/10**) in Multi purpose room B from 10:30 – 11:30 a.m. Next book for review is “**Heart and Soul**” by **Maeve Binchy**. For more information, call 650-903-6330.

## Wii BOWLING

Wii bowling will resume in November.

## 2010 HOLIDAY BAZAAR

Our Annual Holiday Bazaar has something for everyone! Get a jump start on your holiday shopping, while celebrating the beginning of the festive season. Mark your calendar for **Saturday, November 20, from 8:30 a.m. to 2:00 p.m.** as the Senior Center hosts its annual Holiday Bazaar. The bazaar features a fine selection of handcrafted goods for sale. You will enjoy shopping, live entertainment, lunch available for purchase, an ornament contest, and a raffle. See the front desk for more information. We look forward to helping you get a jumpstart on your holiday shopping.

**Raffle Tickets for the Holiday Bazaar** will be on sale at the front desk from 10/22 - 11/19 for 50 cents each. Write your name legibly on your raffle ticket and turn it back in. On the day of the bazaar, November 20, a list of raffle winners will be posted. The Grand Prize will be drawn at 1:00 p.m.! All winners must be present to win. Stop by the display case to see what you could win!

## “REMEMBER OUR HOMECOMING” DANCE!

Come join the Senior Center as we take it back to high school for formal Homecoming! Enjoy live entertainment from Jerry Jay's Quartet, free refreshments, and a memorable evening where everyone is their own Homecoming King or Queen! Be there in your formal attire on:

**Wednesday, October 20**  
**8:00 p.m. – 10:00 p.m.**  
**Social Hall.**

\$4 in advance or \$5 at the door. See the front desk for more information.

## HOLIDAY ORNAMENT CONTEST!

Get out your glue gun and gems – because the third annual ornament contest is on its way. All participants must turn their entries in no later than Saturday, November 20 at 10am. No more than three entries per contestant. We look forward to seeing your artistic expressions! For more information please contact the front desk.

## VOLUNTEER CORNER

August 2010

<b>Brown Bag</b>	<b>240</b>
<b>Lunch Program</b>	<b>298</b>
<b>Receptionists</b>	<b>158.5</b>
<b>Social Services</b>	<b>54</b>
<b>Teaching</b>	<b>242.75</b>
<b>Total</b>	<b>993.25 hours!</b>

## BAY AREA OLDER ADULTS

Bay Area Older Adults (BAO) hosts an easy to use website, [www.bayareaolderadults.org](http://www.bayareaolderadults.org), that offers free information about outdoor, fitness, social and cultural activities. It is a wonderful resource for fun and healthy adventures in the Bay Area. All the information is carefully collected by hand and has all the details you need to venture out with confidence.

## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: October 20, November 17, January 19, and February 16.

## BEGINNING SOCIAL DANCE

This class is regularly held every Thursday from 2:45 p.m. – 4:30 p.m. in Multipurpose Room A. There will be no teachers or formal instruction during the months of October and November. However, Multi-A will be available during this period for free dancing. So strap on your shoes, and share your dance knowhow with your fellow seniors!



## COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

On the **third Tuesday of each month (10/19/10) at 11:00 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

## MERCURY THERMOMETER TAKE BACK MONTH!

For the month of October, recycle your old mercury thermometer (with silver colored liquid) at any of the participating drug stores, pharmacies, medical centers or community organizations in the cities of Mtn. View, Palo Alto, Los Altos, East Palo Alto and Stanford. Mercury is a toxic substance and still poses a problem for our creeks and bay if not disposed of properly.

When recycling your mercury thermometer, please put it back in its original hard case or in 2 plastic bags that have been securely closed. Here are some of the participating stores and organization drop-off locations in our area:

### Mtn. View Senior Center

266 Escuela Ave

### Walgreens

121 East El Camino Real

### Palo Alto Medical Foundation

701 East El Camino Real



## FLU SHOTS

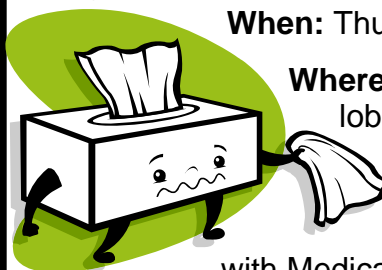
Protect yourself from the flu this winter. Flu shots will be offered at the Senior Center during the month of October.

**When:** Thursday, October 28

**Where:** Senior Center lobby

**Time:** TBA

**Cost:** \$15 or free with Medicare Card (they will bill Medicare).



All flu shots will be given on a first come first serve basis on October 28 only.



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**10/27/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**10/12/10 and 10/26/10**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**10/12/10 - A.M. Appts and 10/26/10 - P.M. Appts**)

**HEARING SCREENING** - Visit Dr. Tang the **second Monday** of each month (**10/11/10 from 2:00 - 4:00 p.m.**) .

**PODIATRY SCREENING** - Free evaluations on **third Wednesday (10/20/10)** of each month. NOTE: Feet are NOT touched in the consultation, only an evaluation.

**NOTARY SERVICE** - New notary service offered the **first Thursday (10/7/10)** of each month. Appointments available from 9:30-11:30 a.m.

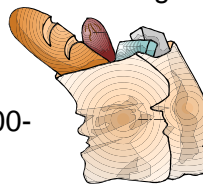
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday (10/7/10, 10/21/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

## MTA TRANSIT SENIOR CITIZEN CARDS/ STICKERS

MTA will be at the Senior Center on **Thursday, October 28** at 10:00 a.m to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please. Stickers are also available for sale online at [www.mta.org/store](http://www.mta.org/store).

## NEW MTA ROUTE 34

The new route for bus line 34 runs from San Antonio Shopping Center to downtown Mtn. View with a stop at the Senior Center!

## SAMPLE DRIVING TESTS

The Center only carries driver safety handbooks, no driving tests. Sample tests are available on the DMV website: [www.dmv.ca.gov](http://www.dmv.ca.gov).

## AARP DRIVER SAFETY

**REFRESHER COURSE** - **Tuesday, December 14, 2010 from 6:00 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

**REGULAR CLASS** -The Safety Program class offered by AARP at the Senior Center is scheduled for **NOVEMBER 9 and 16 from 6:00 p.m. to 10:00 p.m.** The fee for the 8 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

To register for classes, come in or mail a check, payable to AARP, dated the day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

# Mountain View Seasoned Travelers

**NEW TRAVEL  
DESK HOURS**

For travel information, registration and payment:

Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30 a.m. - 12:00 p.m. and Thursdays at the travel desk in front of the Social Hall from 10:00 a.m. - 11:45 a.m.

## VILLA CA'TOGA

**WHEN:** Wednesday, October 20, 2010

**COST:** \$98.00 per person

**INCLUDES:** A guided tour of the villa, gardens and grounds of Villa Ca'toga, unique home of artist Carlo Marchiori. Following the tour we'll enjoy a hosted lunch at Brannan's Grill and free time to explore the town of Calistoga.



**DEPART:** 8:00 a.m. from Rengstorff Park

**RETURN:** Approximately 6:00 p.m.

## FABULOUS PALM SPRING FOLLIES

**WHEN:** Wednesday, Dec 1– Friday, Dec 3, 2010

**COST:** \$580.00 per person

**INCLUDES:** The annual "Jolly Follies Christmas Show" featuring guest stars, The Crystals! This getaway includes a two-night luxury accommodation at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals. Full refund if you need to cancel on or before 11/1/10.

**DEPART:** 7:30 a.m. from Rengstorff Park, Dec 1

**RETURN:** Approximately 6:00 p.m., Dec 3

## RADIO CITY MUSIC SPECTACULAR

**WHEN:** Saturday, December 18, 2010

**COST:** \$97.00 per person

**INCLUDES:** The ultimate Christmas destination for people everywhere! Featuring dynamic Rockette performances, breathtaking special effects, gorgeous costumes and astounding scenes. Includes transportation to and from the HP Pavilion.

**DEPART:** 5:00 p.m. from Rengstorff Park

**RETURN:** Approximately 10:00 p.m.



## BLACK OAK CASINO, Tuolumne

**WHEN:** Tuesday, October 5, 2010

**COST:** \$21.00 per person

**INCLUDES:** Casino Bonus (\$10 Cash & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## CACHE CREEK CASINO, Brooks

**WHEN:** Wednesday, November 10, 2010

**COST:** \$33.00 per person

**INCLUDES:** Casino Bonus (\$10 Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## THUNDER VALLEY CASINO, Lincoln

**WHEN:** Thursday, December 9, 2010

**COST:** \$26.00 per person

**INCLUDES:** Casino Bonus (\$10 Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## NEW YORK CITY, 5 Days

**FEATURING:** Waldorf Astoria, Two Broadway Shows, Greenwich Village, Wall Street, Statue of Liberty, Ellis Island, Metropolitan Museum

**COST:** \$1,749.00\*

## COPPER CANYON ADVENTURE, 9 Days

**FEATURING:** Tucson, San Carlos, El Fuerte, Chichuahua-Pacifico Railroad, Creel, Chihuahua, El Paso

**COST:** \$1,599.00\*

\*per person, land only, double occupancy. Contact Kanen Tours for airfare from your gateway. Multiple departure dates to choose from.

Find information for more trips at the flyer stand adjacent to the Senior Center front desk.



Travel Arrangements by Kanen Tours CST # 2095653-50

TRAVEL

Mon

Tue

Wed

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

4

11:45 LUNCH MENU

Chicken Enchiladas w/ Cheese & Salsa  
Mexicali Corn w/ Bell Peppers  
Vegetable Juice  
Tapioca Pudding  
Fresh Fruit



1:00 Big Bingo

5

10:30 Dancing w/ Jan &amp; Duane

11:45 LUNCH MENU

Beef Stew  
Whole Grain Bread  
Garden Salad  
Cantaloupe

1:00 Movie: Capitalism—A Love Story

6

10:30 Line Dancing, lunch room

11:45 LUNCH MENU

Mediterranean Fish  
Brown Rice Pilaf  
Broccoli & Cauliflower  
Carrot Raisin Salad  
Apricot

12:45 Bingo, lunch room

11

11:45 LUNCH MENU

Spaghetti w/ Meat Sauce  
Marinated Salad w/ olives, cucumber and bell pepper  
Sautéed Fresh Broccoli  
Fruit Juice

12

9:15 Eyeglass Repair

8:30 HICAP

10:30 Book Club: "Heart and Soul"

10:30 Dancing w/ Jan &amp; Duane

11:45 LUNCH MENU

Breaded Cod  
Corn Chowder & Whole Grain Roll  
Sautéed Asparagus  
Oven Browned Potatoes  
Orange



1:00 Movie: Nine

2:00 Hearing Screening

13

10:30 Line Dancing, lunch room

11:45 LUNCH MENU

B.B.Q. Chicken  
Pasta Salad w/ olives and veggies  
Cauliflower & Carrots  
Apple

12:45 Bingo, lunch room

18

11:45 LUNCH MENU

Salmon Stuffed Boats  
Couscous  
Swiss Chard  
Baked Tomato w/ Cheese  
Peaches

2:00 Newcomers' Group

19

10:30 Dancing w/ Jan &amp; Duane

11:00 CSA Information + Referral

11:45 LUNCH MENU

Boneless Pork Chop  
Vegan Split Pea Soup  
Whole Grain Muffin  
Garden Salad w/ Carrots  
Tangerine & Oatmeal Cookie

1:00 Movie: Hachi-A Dog's Tale

20

10:00 Podiatry Screening

10:30 Line Dancing, lunch room

11:45 LUNCH MENU

Chop Suey w/ Pork  
Fried Brown Rice  
Chilled Broccoli Salad  
Fresh Fruit

12:45 Bingo, lunch room

2:00 SAC Meeting

8:00 Homecoming Dance



25

11:45 LUNCH MENU

Turkey Meatloaf w/ Gravy  
Whole Grain Bread  
Brussels Sprouts  
Garlic Mashed Potatoes  
Fresh Fruit



DID YOU REMEMBER TO BUY  
YOUR RAFFLE TICKETS FOR THE  
HOLIDAY BAZAAR?

26

9:15 Eyeglass Repair

10:30 Dancing w/ Jan &amp; Duane

11:45 LUNCH MENU

Chicken Pot Pie  
(Vegetarian available)  
Confetti Coleslaw  
Apple

1:00 HICAP

1:00 Movie: Invictus

27

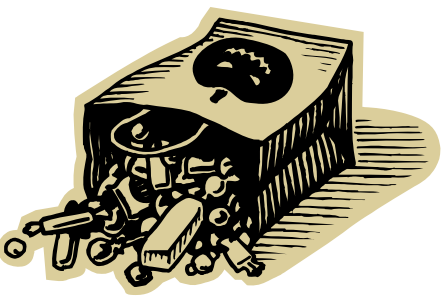
10:30 Line Dancing, lunch room

11:45 LUNCH MENU

Salmon Fillet  
Brown Rice & Steamed Spinach  
Minestrone Soup  
Banana & Sugar-Free Pudding  
Halloween Party! Come Dressed up in Costume!

12:45 Bingo, lunch room

12:30 Alzheimer's Screening

Thu	Fri
	<p>1 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chinese Pepper Steak Brown Rice Oriental Vegetables Spinach Banana 1:00 Movie: Surrogates</p>
<p>7 9:30 Notary Service 11:15 Activity: Grocery List &amp; Sample Menu 11:45 LUNCH MENU Spinach &amp; Cheese Salad &amp; Black Bean Soup &amp; Hard Boiled Egg Whole Grain Muffin Yogurt w/ Bananas 1:30 SALA Appointments</p>	<p>8 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Szechwan Chicken Brown Rice Sautéed Cabbage Green Salad Pineapple 1:00 Movie: Capitalism—A Love Story</p>
<p>14 11:45 LUNCH MENU Beef Stuffed Cabbage Brown Rice w/ Baked Veggies, Cherry Tomatoes and Feta Cheese Fruit 1:00 Workshop: Preventing Falls &amp; Injuries</p>	<p>15 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Egg Frittata w/ Cheese, Veggies &amp; Ham Whole Grain Muffin Salad Three Bean Salad Sugar-Free Jello w/ Pineapple 1:00 Movie: Nine</p>
<p>21 11:45 LUNCH MENU Spinach &amp; Cheese Tortellini w/ Tomato Sauce Hard Boiled Egg Potato Salad Baked Eggplant Mandarin Oranges 1:00 Workshop: Intro to Word 1:30 SALA Appointments</p>	<p>22 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Sesame Orange Chicken Brown Rice Green Salad Orange Birthday Cake 1:00 Movie: Hachi-A Dog's Tale</p>
<p>28 10:00 VTA Transit Cards 11:45 LUNCH MENU Chicken Asparagus Pecan Penne Pasta Caesar Salad Tropical Fruit Cup Sugar-Free Jello 2:00 Workshop: Hearing Health</p>	<p>29 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Breaded Fish Fillet Whole Grain Roll &amp; Orange Sautéed Cabbage, Carrots and Mushrooms 1:00 Movie: Invictus</p>

## Old-Fashioned Soft Pumpkin Cookies

### INGREDIENTS

2 1/2 cups all-purpose flour  
1 tsp baking soda  
1 tsp baking powder  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/2 tsp salt  
1 1/2 cups granulated sugar  
1/2 cup butter, softened  
1 cup Pumpkin  
1 large egg  
1 tsp vanilla extract

### Glaze:

2 cups sifted powdered sugar  
3 tbsp milk  
1 tbsp melted butter  
1 tsp vanilla extract

### DIRECTIONS

1. Preheat oven to 350° F. Grease baking sheets.
2. Combine flour, baking soda, baking powder, cinnamon, nutmeg and salt in medium bowl. Beat sugar and butter in large mixer bowl until well blended. Beat in pumpkin, egg and vanilla extract until smooth. Gradually beat in flour mixture. Drop by rounded tablespoon onto prepared baking sheets.
3. For Glaze: Combine 2 cups sifted powdered sugar, 3 tablespoons milk, 1 tablespoon melted butter and 1 teaspoon vanilla extract in small bowl until smooth.
4. Bake cookies for 15 to 18 minutes or until edges are firm. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Drizzle glaze over cookies.



# WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Photoshop Elements	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	9:00 Calligraphy
8:45 ESL - Beginning Low	9:00 Drawing/Watercolor	9:00 Digital Scrapbooking	8:45 ESL - Beginning Low	8:45 ESL-Beginning Low
8:45 ESL - Intermediate	9:30 Brown Bag	9:00 Painting Club	8:45 ESL - Intermediate	8:45 ESL - Intermediate
9:00 Creative Stitchery	10:30 Strong for Life	9:00 Pictures with Picasa	9:00 Ceramics- E, G, & F	10:00 Feldenkrais
9:00 Digital Scrapbooking	11:45 Lunch	9:30 Chorus	9:00 Photoshop Elements	10:30 Computer Help
9:00 Pictures with Picasa	1:00 Karaoke	10:00 Therapeutic Yoga	10:00 Qigong, Com Ctr	10:30 ESL -Beg. High
10:15 T'ai Chi	1:00 Workout/Broadway II	11:45 Lunch	10:00 Stepping Strong	10:30 ESL -Adv. Low
10:30 ESL -Beginning High	1:00 Computer Help	1:00 Ceramics-Basic/Int.	10:15 Lifetime of S, E, & F	10:30 Blood Pressure
10:30 ESL -Advanced Low	1:00 Low Impact Aerobics	1:00 Knitting/Crochet	10:30 ESL -Beginning High	11:45 Lunch
11:45 Lunch	1:00 Movie Matinee	1:15 Orchestra	10:30 ESL -Advanced Low	1:00 English Conv.
1:00 Computer Help	2:15 Workout/Broadway I	5:30 Qigong	10:00 Trips Desk	1:00 Line Dancing
1:00 Current Affairs	2:30 Chinese Chorus	7:00 Chinese Folk Dance	11:00 Health Library	1:00 Movie Matinee
1:00 Lifetime of S, E, & F	5:30 Flowing Movement	7:00 Joy of Movement	11:45 Lunch	2:00 Chinese Folk
1:00 Woodcarving	7:00 Digital Photography		12:30 Memoirs	2:15 Square Dancing
1:30 Quiltmaking Tech.			1:00 Low Impact Aerobics	
2:30 T'ai Chi/Qigong			1:00 Workout/Broadway II	
7:00 Social Dance Club			2:15 Workout/Broadway I	
7:00 Chinese Folk Dance			2:45 Beg. Social Dance	

## CLASS START AND END DATES ARE IN THE FALL GUIDE

Pick up a Fall Guide now at the front desk

**Registration for the classes that occur at our center takes place through the following agencies:**

### **MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website to register for this class at [www.mvlaae.net](http://www.mvlaae.net)

### **DEANZA COMMUNITY COLLEGE**

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(408) 864-5300**.

### **VOLUNTEER**

These classes are free and there is no need to register. Please just attend.

### **IN CLASS**

Register for these classes with the class instructor.

**GIVE US  
YOUR EMAIL**

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!